

# October 2017 S.T.A.R. Central Recovery Group Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 – 8:00 am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:15 – 9:00 am	Nutrition Class-Jeff	Don't Sweat the Small Stuff-Carlos	Mid-Week Check In-Annikin	Building Support-Carlos	Physical Health-Carlos	
9:30 – 10:15 am	Instructional Art-Max Food Handlers-Jeff Avoiding Isolation-Carlos	Active Outing-Alysha Wii Games-Annikin Gardening Group-Jim	Men's Group-Carlos Women's Group-Alysha	Budgeting Outing-Jim Recovery Sticks-Alysha	Coping Skills-Annikin New Member Orientation-Jim Instructional Art-Max	Outing Or Group
10:30 – 11:15 am	Instructional Art-Max Kroc Center-Alysha Setting Goals-Jim	Active Outing-Alysha Better Days-Carlos Art Expressions-Adam	Instructional Art-Max Kroc Center-Annikin Anger Management-Ammon	Budgeting Outing-Jim Coping with Anxiety-Annikin Art Expressions-Adam	Bowling-Alysha Instructional Art-Max Happiness-Carlos Anger Management-Ammon	Outing Or Group
11:30 – 12:15 pm	Kroc Center-Alysha Spirituality-Carlos Action Planning-Annikin	Self Esteem-Annikin Recovery Orbs I-Jim Recovery Orbs II-Carlos	Kroc Center-Annikin Sharing Your Story-Alysha ANTS-Carlos Avoiding Triggers-Jim	Ending Stigma-Carlos Gratitude-Alysha Money Management-Annikin	Bowling-Alysha Games Group-Annikin Music Appreciation-Carlos	Outing Or Group
12:30 – 1:15 pm	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores	Lunch/Chores
1:30 – 2:15 pm	Karaoke-Carlos Weekly Planning-Jim	Bingo-Christina In House Recovery Movie-Jim	Cooking Class-Christina Current Events-Carlos	Clothing Closet-Alysha Improving Your Memory-Carlos	Food Share-Christina Weekend Planning-Jim	
2:00 – 3:00 pm	Gratitude-Christina	Art Expressions-Adam	Art Expressions-Adam Trauma Counseling-Ammon	Journaling-Christina Art Expressions-Adam	Art Expressions-Adam	Center Closes at 2:00
3:15 – 4:00 pm	Mall Walk-Christina	Educational/ Budgeting Outing-Christina	Educational/ Budgeting Outing-Christina	Kroc Center-Christina	Center Closes at 3:30	
4:00 – 5:00 pm	Mall Walk-Christina Recovery Orbs-David	Educational/ Budgeting Outing-Christina Meditation-David	Educational/ Budgeting Outing-Christina Bingo-David	Kroc Center-Christina Weekend Planning-David	<p><b>S.T.A.R. Central</b> 2502 E. Washington St. Phoenix, AZ 85034</p> <p><b>Phone</b> 602-685-1295 <b>Fax</b> 602-685-1298 <b>Mon-Thurs</b> 7:30 – 7:30 <b>Fri</b> 7:30 – 3:30 <b>Sat</b> 7:30 – 2:00</p>	
5:15 – 6:15 pm	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores	Dinner/ Chores		
6:30 – 7:15 pm	Wii Games-David	Recovery Games-David	Gratitude-David	Recovery Games-David		
7:00 - 7:30 pm	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30	Center Closes at 7:30		
Open Computer Lab: Everyday 7:30 – 12:00, 1:30 – Close						

Calendar DOES NOT represent all Community Outings. See [Central Community Outings](#)

